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brings you:

Freezer Meal  
Menu Planner

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# Freezer Meal MENU PLANNER

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## MENU PLANNING WORKSHEET

### → Decide on your rotation schedule

Will you cook once a month? Every six weeks? Every twelve weeks?

How many menus do you want to make? One that repeats every week? Or multiple menus that you alternate between?

This affects how many meals you need to plan, and how many you need to make of each meal. Fewer menus is simpler, but means less variety from week to week, so be sure you choose meals you know you'll like.

### → Find freezer tested favorites

Add recipes to your repertoire by looking online for freezer-tested versions of your family's favorite meals. Or create your own freezer version of a family favorite by considering what steps in the recipe could be completed before freezing.

### → Simplify by using similar ingredients or processes

Choose a few meals you want to add to the menu, and list their key ingredients (ie, meats, veggies, etc.). Next to each, list an additional meal you can add to the menu that uses some of the same ingredients so that you can purchase those items in bulk.

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## MENU PLANNING WORKSHEET

### → Choose the right balance of minimal prep to high prep meals

Evaluate the meals you listed above in terms of how much time they will take to put in the freezer. Depending on how much time you have on your bulk cooking day, determine whether you need to switch things around to add more minimal prep meals to your menu. Use the chart below as a general guideline, but be sure to check the recipes for specifics.

Meal Type	Freezer Prep	Serving Prep
Soup	High	Low
Casserole	High	Low
Seasoned Cooked Meat (for serving in tacos, sandwiches, salads, etc.)	Med	Med
Marinated or Seasoned Meat (for stir frying, roasting, grilling, etc.)	Low	Low-High
Slow Cooker	Low	Low

### → Decide which meals fit best on the calendar

Evaluate the meals you've chosen in terms of how quickly they can go from the freezer to the table. Consider your typical weekly schedule and determine which days of the week will require your quickest meals and which days you will have more time before serving. Use the menu on the following page.

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Day	Main Course	Side Dish(es)
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

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## SHOPPING LIST

(Don't forget to multiply ingredients in each recipe times the number of weeks you will be using this menu)

Day	Main Course	Shopping List for Bulk Cooking	Sides to Buy Fresh Weekly
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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## MENU PLANNING WORKSHEET

### → Plan bulk cooking day

Read through all of the recipes beforehand. List steps that are similar between recipes so that you can batch those steps and complete them more quickly. Also consider steps that require time but don't have to be completely hands-on, such as sauteing veggies or browning meats. Plan to do those steps earlier so that you can work on other steps simultaneously. Use the chart on the following page to plan your cooking. Don't forget to label ziploc bags before you begin; it helps to label them with the meal name and serving day instructions such as oven temp, cook time, or additional ingredients.

Step	Description	Recipe
Chop	Onions, 6	Chicken Soup
	Onions, 3	Chow Mein
	Carrots, 12	Chicken Soup
Cook	Onions and carrots	Chicken Soup
	Sauce	Spaghetti & Meatballs
Mix	Meatballs	Spaghetti & Meatballs
Fill Ziplocs	Teriyak Marinade & Chicken	Teriyaki Chicken
	Pot Roast	Slow Cooker Pot Roast
	Spaghetti Sauce	Spaghetti & Meatballs
	Chicken Soup	Chicken Soup
	Chow Mein Sauce & Chicken	Chow Mein

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